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Thursday, September 8, 2011
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News worth sharing.

Former Flames defender killed in Russian plane crash



THE ASSOCIATED PRESS

- Brad McCrimmon was 52
- He was born in Plenty, Sask., and played 18 seasons in the NHL

It was an emotional day yesterday for the hockey community as a plane crash in Russia claimed the lives of 43 people, seven of whom were former NHL players.

Among those killed was former Calgary Flames defenceman Brad McCrimmon.

"If I was going down in a plane crash and I wanted someone to be in the trench beside me, Beast would be fighting right until the end to make a difference," said Jim Peplinski, Calgary Flames alum and teammate of McCrimmon on the 1989 Stanley Cup team.

"Beast is going to be missed."

McCrimmon had taken a coaching job with the Lokomotiv Yaroslavl team in the KHL in May and was with his team when the crash occurred right after takeoff about 240 kilometres northeast of Moscow.

Peplinski remembered McCrimmon, who once held the Flames' captaincy and was later an assistant coach with the team, as a "frank, blunt and reliable guy."

"I have nothing but fond memories," said Peplinski.

Among those fond memories, Peplinski recalls flying with McCrimmon for away games and him shedding his clothes before even hitting his seat.

"He was an absolute character, and I will think of him in his underwear in the airplane," said



CANDICE WARD/FOR METRO

"It is the worst summer hockey has ever had."

CALGARY FLAMES PRESIDENT KEN KING

NHL career

- McCrimmon was most recently an NHL assistant coach with the Detroit Red Wings before heading to Russia.
- He began his NHL career in 1979 with the Boston Bruins.

Peplinski.

Calgary Flames president Ken King was visibly emotional over the loss of McCrimmon during a morning media conference.

"It is unimaginable the loss hockey is experiencing right now," said King. ● CANDICE WARD

► Former Calgary Flames defenceman and assistant coach Brad McCrimmon was one of 43 people killed yesterday after a plane carrying a hockey team crashed in Russia.



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Alberta's obesity plan 'first of its kind'

Alberta Health Services' announced a five-year obesity initiative yesterday, which the province and medical community are hoping will bite back at the growing issue.

"This initiative involves a comprehensive approach that recognizes the complexity of obesity prevention and management," said Dr. Arya Sharma, medical director of the AHS obesity initiative and Canadian Obesity Network founder.

AHS estimates that obesity costs \$1.4 billion, from reduced length and quality of life and health-care costs, and that the chronic disease affects one million Albertans every year.

The province is injecting \$10.9 million in the plan's first year, along with \$4.9 million in Alberta Health and Wellness grants.

Prevention and education programs and weight-management training are part of the new initiative.

Also part of the plan to fight obesity are more bariatric surgeries — which reduce stomach size — helping lean down wait lists Sharma estimates are in the thousands and would take years to get through.

Jim Starko was among those statistics before losing 163 pounds recently.

"Fat people count too. We're important and we too need and deserve help and support," said Starko.

● SHELLEY WILLIAMSON



► Candidate Alison Redford delivers her opening remarks during an Alberta PC Party leadership debate in Calgary yesterday.

Fiscal talk in Calgary PC leadership debate

- Candidates debated last night at the Red and White Club
- Premier Stelmach will step down when the new leader is elected

The six candidates vying to become the next premier of Alberta promise to balance the province's books to offset the boom-bust economy.

Ted Morton, the former finance minister, has told a Tory leadership debate in Calgary that he'll balance the budget by 2013, saying that when debt piles up, education and health care suffers.

Candidate Alison Redford said she'd keep spending tied to population growth, and GDP would see the province

through tough times.

"If we make sure Albertans don't have the expectation that we will spend (extra) money just because it's there, then we become more disciplined as politicians," she said.

Gary Mar says they will save money by implementing fiscal discipline to spend only to a percentage of population plus GDP growth.

Doug Horner says he would reinvest savings into more research and innovation funds.

Candidate Doug Grif-

fiths says the government has to stop throwing money around to buy voter support at election time.

"We drop every single ounce of conservative aspect we have in long-term planning when an election cycle comes around. You have got to have somebody looking out for the next generation, not just winning the next election," he said to applause.

Rick Orman chided his rivals for running up the deficits at the cabinet and

Schedule

- The final leadership debate is set for Sept. 15 in Edmonton.
- The first round of balloting is on Sept. 17. If no candidate garners a simple majority of votes by party members, the top three will move to a final runoff round of voting on Oct. 1.

caucus table and now promising to eradicate them.

THE CANADIAN PRESS

1

news



What does spring break have to do with teen-pregnancy rates? Scan the code for the story.

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On the web at metronews.ca

Jason Priestley gives a hint of what to expect from the upcoming season of **Call Me Fitz**. Video at metronews.ca

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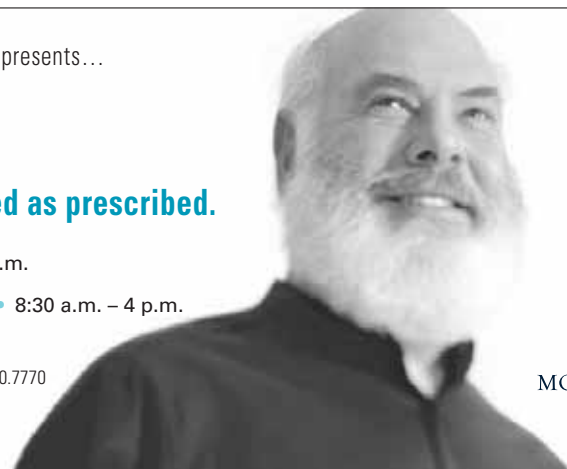
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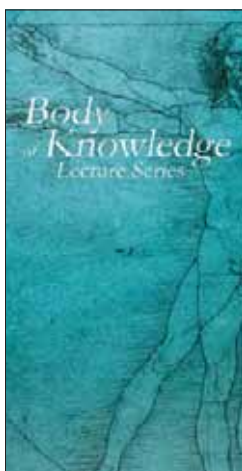
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SHOOTING

Cree council to clean up Hobbema

In the wake of the second fatal shooting in two months, the Samson Cree First Nation council plans to demolish derelict homes and evict "undesirable" residents.

RCMP confirmed yesterday Chelsea

Yellowbird, 23, died from a gunshot wound Sunday.

The slaying was next door to where her five-year-old nephew was shot dead July 11.

RCMP are continuing their investigation, but said without the community's help and people coming forward with information, it could take some time to piece together the events of that day.

● METRO

Airdrie mayor offers a lift to Calgarians

KATIE TURNER
@METRONWS.CA

The City of Airdrie is hoping to fill their Intercity Express bus with Calgarians by giving residents a lift to the mall.

Airdrie's mayor, Peter Brown, said their commuter bus, which makes trips to and from Calgary, is generally coming back to Airdrie with one or two passengers.

"Obviously, just from the environment and cost perspective, it would be great to fill up our buses coming back into the city."

Brown said he's hoping to form a partnership with Calgary Transit that would see the commuter bus making a pit stop at CrossIron Mills on the way to Airdrie.

"My thought was, because we are part of the

68 The number of seated riders held by Airdrie's Intercity Express bus.

Calgary Regional Partnership, Mayor Nenshi and I had a brief discussion around it that it might be good opportunity to share resources."

Calgary Transit spokesperson Theresa Schroder said they haven't been approached with the idea at this point.

"No one has approached us, so at this point, there's no way we can comment on any kind of partnership," she said. "Our mandate is to serve the City of Calgary, and we don't serve anywhere outside of the city. So, that would be a consideration, as well."

Staying calm in the middle of a crisis

Part 1 of 5

► Over the next five weeks, Metro will be publishing a series of stories from inside the emergency centre where 250 workers field 911 calls



KATIE TURNER
@METRONWS.CA

Talk about a job where the phone is literally ringing off the hook.

With nearly a million calls coming into Calgary's Public Safety Communications 911 centre, there's rarely a moment of downtime for emergency-communication officers.

Deputy Cmdr. Nina Vaughn said when the phone starts ringing, the call on the line could be anything from a prank or pocket dial to something much more serious.

"Those calls can be anything from somebody is having a heart attack, my child isn't breathing, to concerns about national security issues ... to people calling because they don't know what temperature to cook their turkey at," she said.

Vaughn said the pressure of the job can be difficult for many emergency-communication officers.

"It's incredibly stressful... They all feel a responsibility for the citizens that are calling, but also for the frontline people that they're dispatching — keeping them safe," she said.

"You're hearing people at their worst. Nobody calls to say, 'Have a nice day.'"

Pat Ferris, a psychologist and partner with the Calgary Psychology Group who specializes in workplace stress, said working as an emergency-communication officers could take its toll over time.

"In any profession that deals with disasters (or) distress, there's always going to be the call that's extremely difficult," she said. "It's not just the one case, it's accumulation."

Ferris said the general public likely underappreciates how difficult a job like that can be.



► Calgary's emergency-call dispatch centre, seen here in an undated photo, receives more than one million calls per year.

Vaughn said despite the stress of the job, many of the emergency-communication officers have years of service under their belts and continue to do the job because they want to help people.

Pick up a copy of Metro next Thursday for the next story in our five-part series.

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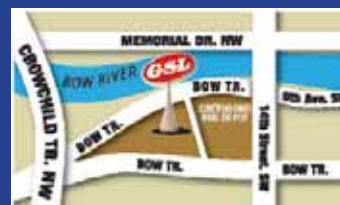
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Fire chief fears impact of cuts

► Department being asked to slash nearly \$8M over three years, Chief Burrell says ► Two fire halls and some frontline firefighter positions could be threatened



JEREMY NOLAÏS
@METRONWS.CA

Calgary's fire chief says funding cuts being requested by city administration could put his department at its breaking point.

Chief Bruce Burrell told reporters yesterday following a presentation to the city's community and protective services committee that he's been asked to put forth a model that would see \$7.9 million cut from the department's annual budget over the next three years.

Burrell said city growth



► Fire Chief Bruce Burrell speaks to reporters.

has already led to a 160 per cent spike in calls for assistance since 1980. In contrast, the chief said his department has only grown 29 per cent over that same period.

"I can only expect that council will listen and understand that we run a very lean fire department as it is," he said.

Burrell said the cuts could see two fire halls lost and more than 35 positions cut through attrition.

Ald. Shane Keating, who was present for Burrell's presentation yesterday, said he understands the chief's concerns and took issue with the city's overall funding model.

"We have to start looking differently at how we are doing it," he said. "You can't just operate as we are waiting for provincial grants to fix things up."

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News in brief

METRO FILE



► A motorist flicks a cigarette.

Teens smoking more: Study

HEALTH. More Alberta teens are lighting up, according to new statistics from Health Canada.

Released yesterday, the figures show that, overall, national smoking rates were down last year but researchers found a 4.5 per cent increase among teenagers.

The federal government introduced new anti-smoking measures last year targeted at youth as new brands of

flavoured cigars hit the market. ● METRO

Firefighters rescue man

POPULAR ISLAND. A 26-year-old man was rescued by Calgary Fire from Poplar Island, in the Bow River, late Tuesday night. The man had departed alone from the Bowness Bridge in a dinghy around 2 p.m. and became lost after dark. He was able to contact friends by cellphone. ● METRO

Building permit values up

CALGARY. The estimated construction value of building-permit applications is up 91 per cent over this time last year, according to the city.

The estimated value of all permits for August was \$426 million, which is up 48 per cent over the five-year average. ● METRO

CBE's healthy food drive

- Schools already going junk food free: Spokesperson
- Trustee brings motion to ban chocolate bars, chips



JEREMY NOLAÏS
@METRONEWS.CA

Calgary public schools' appetite for junk food is fading, and plans are underway to eliminate sales of unhealthy products by early next year, says a spokesperson.

Calgary Board of Education trustee Sheila Taylor put forward a notice of motion Tuesday to ban school sales of less-than nutritional products, such as chips and chocolate bars.

But administration spokesperson Richard Peter pointed to a new policy introduced in January that mandates 80 per cent of food sold in schools fall into the top two tiers of Alberta Health Services nutrition handbook.

He said the aim is to end



► Apples will still be around, but sales of chocolate bars and chips will likely stop in Calgary public schools next year, according to a representative.

junk food sales altogether by next year and that some schools have already reached that benchmark.

"We are aggressively moving towards what will be equal to the highest

standard of school nutrition in the province," he said.

Lindy Kennedy, a Calgary registered dietitian and mother of three CBE children, welcomed the

Food for thought

- Edmonton's public school board passed a ban on junk food sales in 2007 and put it into effect for the current school year.
- In an interview yesterday, Edmonton board of trustees chair Dave Colburn said when pushing for the ban, food vendors locked into school contracts put up "significant resistance."
- Public schools in both Calgary and Edmonton that have removed junk food report an initial slump in vending-machine sales, but an eventual recovery and even higher profits in some cases.

progress, but said she wished it had come sooner.

"We are, obviously, looking at corporate connections.... Unfortunately junk food brings in big money," she said.

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INVESTIGATION

Woman charged in \$600,000 blaze

Police have charged a 22-year-old Calgary woman in connection with a fire that spread to three homes and caused more than \$600,000 in damage.

Fire broke out around 2:40 a.m. on July 23 in

the 100 block of Rockmont Court N.W.

Fire crews arrived on scene to find the home fully engulfed, and two others also ablaze.

An investigation into the fire has led police to charge Jessica Lynne Rogers with one count of arson, according to a release.

Police allege Rogers attempted to blame the blaze on her ex-boyfriend. Investigators found no evidence to support the claim.

● METRO

Cops to chat on Facebook

Calgary police hope you'll join them for a live Facebook chat today to find out how best to use social media tools to communicate with Calgarians.

It will take place from 11:30 a.m. until 1 p.m.

● METRO

Zoo claims record gift

The Calgary Zoo has just received its largest-ever financial gift.

It's a \$1.25-million contribution to the Centre for Conservation Research for the Husky Energy Endangered Species Program. It was announced yesterday.

● METRO

U of C starts pot probe

CANDICE WARD/FOR METRO



► Jonathan Stea will lead the cannabis study at the University of Calgary.

► Go to calgary-marijuanastudy.ca or call (403) 210-9580 for details



CANDICE WARD
CALGARY@METRONews.CA

Organizers of a new study being conducted by the University of Calgary hope to shed some light on those lighting up.

The clinical-psychology program will be eyeing the recovery process from cannabis-use disorders in order to assist with treatment programs. And organizers are asking the public for participants.

"There is sometimes the misconception that cannabis is not at all a harmful drug, which I think stigmatizes and confuses those who do happen to suffer from a cannabis problem," said Jonathan Stea, PhD candidate and study lead.

Smoke rings

- Marijuana is the most widely used illicit drug, according to Stea.
- 45 per cent of Canadians have reported using marijuana at least once in their lives, Stea said.

Stea said studies show about one in 10 people who use marijuana will develop a dependence disorder in their lives.

"Not all individuals who use cannabis will develop a problem, but some will," said Stea.

Keith Fagin, founder of Calgary 420, said he is willing to work with the U of C to help with the study.

"I would like to make sure it is a fair study," said Fagin.

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Hockey world reacts to tragedy

► Disbelief pervades global hockey community ► Condolences offered to families and friends of victims

Reaction to the plane crash in Russia that killed at least 43 people, including members of the top Russian hockey team Lokomotiv: **International Ice Hockey Federation President Rene Fasel:**

"This is the darkest day in the history of our sport. This is not only a Russian tragedy... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

NHL Players' Association Executive Director Don Fehr:

"Words cannot express the profound sorrow that this loss has created. Our sincere condolences go out to the friends and families who have been impacted by this terrible tragedy."

Russian Ice Hockey Federation President Vladislav Tretyak:

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for

the people that were on that plane."

Russian NHL star Alex Ovechkin of the Washington Capitals on Twitter:

"I'm in shock!!!!!!R.I.P ..."

Colorado Avalanche executive adviser Joe Sakic:

"I am still in disbelief about today's tragic news. Both Karlis (Skrastins) and Ruslan (Salei) were unbelievable individuals and great teammates ..."

St. Louis Blues president John Davidson:

"The St. Louis Blues have lost two members of our family, Pavol Demitra and Igor Korolev. Pavol and Igor were both incredibly passionate and dedicated players and their influence in St. Louis was not only felt on the ice, but throughout the community."

Czech coach Vladimir Vutjek:

"That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys." **THE ASSOCIATED PRESS**



► Rescuers seen at the crash site of a Russian Yak-42 jet near the city of Yaroslavl, on the Volga River about 240 kilometres northeast of Moscow, yesterday.

Tragic legacy

- **KHL confirmed that** Canadian Brad McCrimmon, the team's head coach, was among the dead. McCrimmon became coach in May.
- **Czech players Josef** Vasicek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were amongst those killed.
- **The Russian team featured** several top European players and former NHL stars, including Slovakian forward and national team captain Pavol Demitra,

who played in the NHL for the St. Louis Blues and Vancouver Canucks.

- **Other top names include** Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.
- **Officials said Russian** player Alexander Galimov survived the crash along with a crew member.
- **In June, another Russian** passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane has been blamed on pilot error.
- **75 Marshall University** football players, coaches,

fans and airplane crew died in a plane crash in Kentucky on Nov. 17, 1970, returning home from a game.

- **30 members of the** Uruguayan rugby club Old Christians were killed in a crash in the Andes in 1972.
- **The 18-member U.S. figure** skating team died in a crash while on their way to the 1961 world championships in Brussels.
- **In 1949, the Torino soccer** team lost 18 players near Turin, Italy, while the Munich air crash of 1958 killed eight Manchester United players.

► In this file photo, Swedish hockey player Stefan Liv, who died in a plane crash yesterday, arrives at the Vancouver airport for the winter Olympics.



Scientist guilty of spying

A former U.S. government space scientist pleaded guilty yesterday to one

count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top secret information about satellites,

early warning systems, ways of retaliating against large-scale attack, communications intelligence information and major elements of defence strategy.

Both the Justice Department and Nozette's lawyers have agreed to a sentence of 13 years in

prison, with credit for two years Nozette has already spent behind bars.

U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a procedure expected to last into November.

THE ASSOCIATED PRESS

Canadians likely to cheat on taxes

A new government-commissioned poll suggests half of Canadians are ready to cheat the taxman.

The survey conducted

for the Canada Revenue Agency found only 49 per cent of people aren't likely to cheat.

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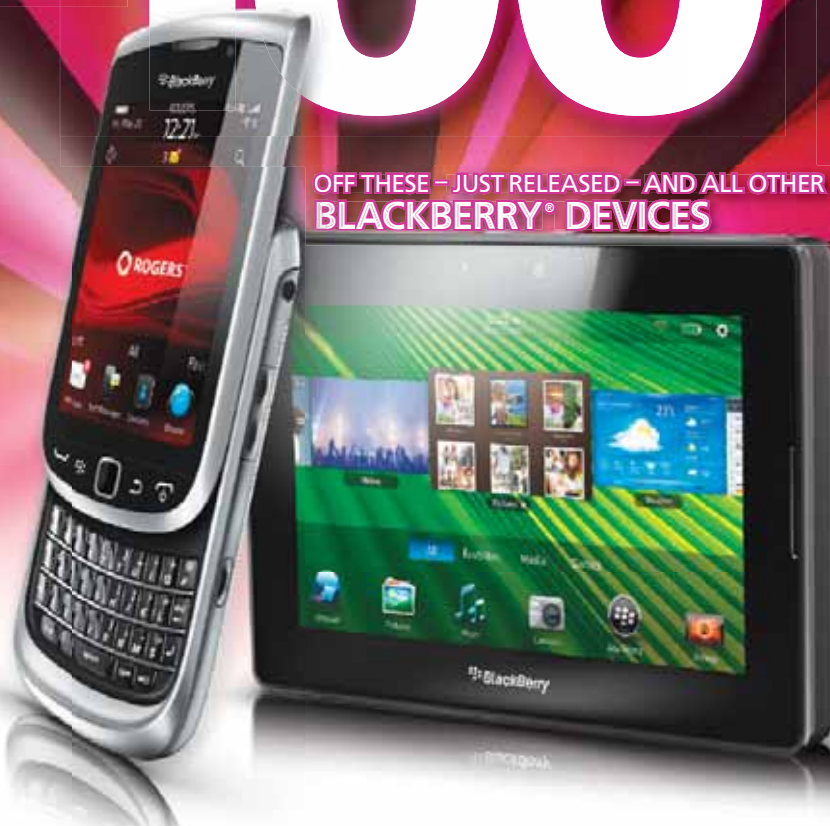
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News in brief

Delhi bombing kills 11

NEW DELHI, INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect. The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

Suicide blasts claim 22 in Pakistan

QUETTA, PAKISTAN. A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

THE ASSOCIATED PRESS

Threats ground Pakistan flights

Bomb scare comes four days before tenth anniversary of 9-11 attacks

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers from the Boeing 777-

300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Masood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat. It landed in Kuala Lumpur and all the passengers disembarked safely, said

Tajwar.

Malaysia's airports authority said the passengers were being screened and the plane was isolated in a parking area while being searched by police. No bomb was found.

It said the plane carried 164 passengers and 13 crew members.

Azmi Murad, senior general manager for the authority, said the Pakistani airline informed them that the warning came by email.

Tajwar gave no details on the nature of the threat or how it was delivered.

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THE ASSOCIATED PRESS

Al-Qaida members sanctioned

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muhammad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing business with the men.

David S. Cohen, the undersecretary of treasury for terrorism and financial intelligence, says the sanctions strike "at the heart of al-Qaida's remaining leadership and its operations in Pakistan."

The Treasury Department identified al-Libi as an al-Qaida commander, Salim as a senior leader of the terrorist organization and Khan as a facilitator, courier and operative.

THE ASSOCIATED PRESS

► Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

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THURSDAY, SEPTEMBER 8, 2011

Dalai. Lama



► His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world.

GRAHAM HUGHES/THE CANADIAN PRESS

In Canada to discuss religion

Joining the Dalai Lama at the conference are religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

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PARENTING WITHOUT THE CHLOROFORM

HE SAYS ...

JOHN MAZEROLLE
METRO



When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches."

Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked.

"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."

They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you

liked. Buy one of those \$29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You **MUST** feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metronews.ca/hesays



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Should parents and students have to pay for school supplies?

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YES, IT'S PART OF THE COST OF PROCREATING



12%

NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's propos-

al would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. **THE ASSOCIATED PRESS**

Local tweets



@redgypsee: Beautiful

day~just had a Slurpee to cool off. #yyc

@atomsforpeaces: Can it please be 15 & fall already #yyc?

@CynInCal: Gordon Lightfoot is coming to #yyc?! This I can't miss!

@CdnEngineer: Really #yyc #police? Nothing better to do than ticketing cyclists on the bike path #wasteofpublicmoney

@StarlightAdams: Boarding a plane to #yyc in approx less than 48hours and giving

them cowgirls a run for their money with my highstreet meets madmen style ;)

@Georgiesmommie: Loving this Summer in September weather #yyc :) Better late than never

@jrabbit77: Running along TheBow today was... Pungent. #yyc

@PANCAKESo: Quick Poll: If you were to move out of #yyc, where would be your first choice? Constraints: BC, AB, SK only.. so, honestly, BC, AB.

@BrodeurNJ30: This lady on the bus dropped a kleenex on the floor, picked it up and put it in her mouth... #yyc

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Hindsight is 20-20 for RBC

RBC, Canada's largest bank, has learned it needs a "very clear line of sight" on whether acquisitions can make good profits before it makes a major purchase, CEO Gord Nixon said yesterday.

Royal Bank of Canada bought more than 400 retail bank branches in Florida, Alabama, Georgia and other U.S. states over the past decade, but agreed recently to sell them at a \$1.57-billion loss.

Nixon said RBC's foray into the U.S. failed because it was operating in a "challenged" part of the country where customers were hit hard by unemployment and a tanking real-estate market.

Nixon said RBC decided to sell its U.S. retail banking operations because they weren't bringing in enough returns.

"In terms of lessons learned I think it's very important that investments that are made have the scale and critical mass sufficient to generate reasonable rates of return in their context," Nixon said.

THE CANADIAN PRESS

► The Saab plant in Trollhattan, Sweden, faces closure.



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Flaherty minds price gap

► 'Irritated' finance minister wants to know why Canadians pay more than Americans for goods

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth

more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthening over the past five years. The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting full payback in the form of

the prices of goods sold in this country, he says.

"I share their irritation," he writes.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

THE CANADIAN PRESS

Black sues 'Cain-like' ex-partner

Conrad Black is suing his former Hollinger International business partner David Radler, who testified against him at his 2007 fraud trial.

The lawsuit filed in Illinois accuses Radler of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler "an infamous Canadian citizen" and refers to his "Cain-like betrayal."

For decades the two businessmen ran the Hollinger newspaper group and its various affiliates, Black as CEO and Radler as his chief operating officer.

They built Hollinger into one of the world's biggest newspaper companies, with operations in Canada, the United States, Britain and Israel.

Radler said yesterday that he had not yet seen the legal documents and could not comment.

THE CANADIAN PRESS

Saab story nearing an end

Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salary payments and mounting debt. The company said the move would buy it

time to receive funding from Chinese investors, currently awaiting regulatory approval, and avoid bankruptcy.

The Netherlands-based Spykers Cars changed its name to Swedish Automobile after deciding to focus only on the Saab

brand.

Led by Dutch businessman Victor Muller, the company has failed to revive the loss-making brand since taking it over in 2010 from General Motors Co., which was in the process of dismantling it.

THE ASSOCIATED PRESS

Market moment

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RATES AS OF 4:30 PM YESTERDAY

Mickey D's \$1-billion McMakeover

► Would you like fries with that leather chair and plasma TV? ► McDonald's getting a new look

McDonald's is spending \$1 billion to renovate all its Canadian restaurants in an effort to make them look cozier, raising the stakes in Canada's \$19-billion-a-year fast-food industry.

The company plans to spruce up 1,400 stores by next year, tearing out the old plastic interiors and replacing them with leather furniture, plasma televisions and fireplaces. Exteriors are also getting a fresher look as the

traditional red roofs are replaced.

"People tend to linger a little bit more in restaurants today. They want to enjoy their meals, take a break from the busy lifestyle that they lead, and we think our restaurants today are certainly doing that a lot better than in the past," McDonald's Canada CEO John Betts said yesterday.

Construction is complete

in some restaurants in Toronto and Montreal. Betts said renovated stores have already brought in more customers. "The business we've been enjoying from our reimaged restaurants or remodelled restaurants is close to double digits."

That's higher foot traffic than the average. Analysts say annual growth in the industry is normally two to three per cent.

THE CANADIAN PRESS

Food fight

► The McDonald's makeover comes at a time when rival Tim Hortons is beefing up its food offerings.

► Tim Hortons is the coffee market leader in Canada, with 45 per cent of breakfast sales.

► Tim's has about 3,200 stores in Canada, compared to 1,400 operated by McDonald's.



► McDonald's Canada CEO John Betts, enjoying a meal at a franchise in Toronto's east end, says the renovations are a response to feedback from customers and store owners.

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scene

News in brief



A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath. He was nabbed by Laval police on Monday afternoon after the alarm system went off.

THE CANADIAN PRESS



Scan this code or visit metronews.ca/scene to find out who won big at last night's Gemini Awards

Gossip gets you an Emmy... or six

► Shawne Duperon is coming to town and can teach you how to market your next event

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



When it comes to events, gossip expert (yes, she's an expert in gossip) not only because she says so but because she's getting a PhD in it) Shawne Duperon has seen and done it all. In fact, she has six Emmy Awards to prove it.

She's also fallen, scraped her knees, and dusted herself off enough times to be able to share some of those common pitfalls and let you in on the secrets that make marketing your next event a snap.

For starters, Duperon says, "I get that it's more of a process than an event. It's been a long process of planting seeds, offering service, and presenting events that have people come hang with me in Calgary. Once I get there, it's a piece of cake."

This is coming from a woman who has a jam-packed schedule when she comes to town.

Her trip starts off with two pre-events before the main stage show: Media Mastery Bootcamp on Sept. 22 and 23 at the Carriage House Inn (9030 Macleod Trail S).

So what made her ditch an award-winning journalism career to take on a gruelling, jet-setting schedule to teach people the secrets

20

Duperon was in the television biz for over 20 years and worked for ABC, NBC and PBS to name a few.

of making an event or product unforgettable?

"I met so many people who were extraordinary at what they do, but they really stunk when it came to marketing," she says.

"Whether you have the best event, not-for-profit, or you're the best candidate for a job, it doesn't matter if you don't know how to market. The best marketer wins."

Before you think Duperon's appearances will spill the secrets of cutthroat marketing and event promotion, think again. She insists fear and forgiveness are the keys to success.

"When you market, play in fear, forgive yourself for making mistakes — you learn what will be your next business step," she advises. "If 10 people show up, it's all good. If you oversold, forgive yourself and move on."

Before her two-day boot camp event, Duperon is making two public appearances. Catch her Sept. 20 at The Candy Kid (225 10 St. NW) for the event What are you broadcasting? or at Beacon Literacy Inc. (1331 44 Ave. NE) for the Networking is for Neanderthals event.

All the details, including ticket information, are on ShawneTV.com.



► Emmy award-winning Shawne Duperon will spill her secrets at a series of events.

THEATRE

In the dog house

It's a familiar place for most men: the proverbial dog house. But it's what gets them there that's inspired the play *Men are Dogs*.

Showing at the Easterbrook Theatre on the Currie Barracks from

Sept. 16 to Oct. 1, *Men are Dogs* revolves around relationship therapist Dr. Cecelia Monahan and the clients who come to her for advice on men.

She often refers them to a group therapy session, where scorned women have their chance to seek their grievances with the male members of the group.

While the plot is intriguing, behind the scenes has been quite

the learning curve for first-time director Shelby Reinitz.

"This is the first time I've been asked to direct a show with a large theatre company," she says. "I've been amazed at the calibre of actors and actresses that I've had the pleasure of working with on the show."

Tickets are \$20 for adults and available from workshoptheatre.org.

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The little horror movie that could

► Creature not exactly a generic horror film, says Canadian actor Dillon Casey ► Movie released tomorrow

CHRIS ALEXANDER
SCENE@METRONEWS.CA

How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as *Being Erica* and *The Vampire Diaries*, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in *Creature*, a nifty new low budget shocker co-starring genre

icon Sid Haig, opening across North America this Friday.

"The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg," says Casey, back in Toronto for his recurring role in the CTV hit series *Nikita*.

"I mean, he's a legend ... he was the head of Universal pictures. He was behind *Jaws*."

Sheinberg's name no doubt pushed writer/director Fred Andrew's little horror movie that could into the higher profile release it's getting this week, but outside of the pedigree, *Creature* is an eccentric, interesting, un-

pretentious and often eerie thriller.

"(Creature) looks like a generic horror film on the surface," notes the actor.

"But there are many twists and turns and unexpected elements that elevate it."

Casey was bit by the acting bug when studying at the University of Toronto and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in *Creature* called for a very different face.

"My character was fat, nerdy and I really didn't think I had a chance of getting it," he says.



► The monster from *Creature*.

"My character was fat, nerdy and I really didn't think I had a chance of getting it"

ACTOR DILLON CASEY

"But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back.

"I kept quiet at first but I eventually told Fred that I didn't actually get brought in for a call back. So really ... he probably cast the wrong guy for the role by mistake!"



► Dillon Casey



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The Oscar goes to... Eddie

► 84th Academy Awards to be hosted by Eddie Murphy ► A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, *Tower Heist*.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show *Don and I* want to produce in February."

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal, Martin and

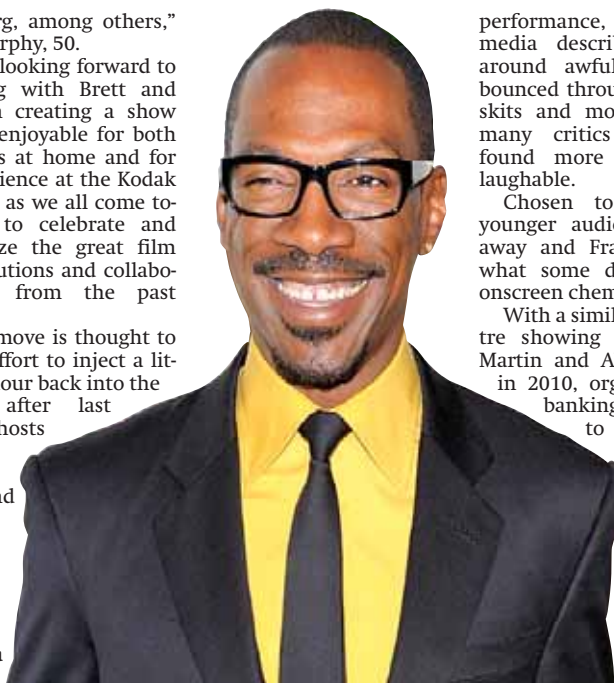
Goldberg, among others," said Murphy, 50.

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour back into the event after last year's hosts

Anne Hathaway and James Franco were considered flops.

In a



performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans found more long than laughable.

Chosen to attract a younger audience, Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy

to restore the golden age of Oscar nights, when big-draws such as Whoopi Goldberg and Billy Crystal effortlessly brought

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal..."

EDDIE MURPHY



the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for *Dreamgirls* in 2006.

He was said to have walked out of the show after losing to Little Miss Sunshine star Alan Arkin.

● METRO

Yes, but

Eddie Murphy is going to be hosting the Oscars. But is it a good choice or a disaster waiting to happen?

- **YES** Murphy is cool and confident live. If you have never seen his stand-up special *Delirious* or his skits on *Saturday Night Live*, go to YouTube immediately.
- **BUT** You can't f-ing swear on live TV.
- **YES** He's a part of movie history. *Beverly Hills Cop*, *48 Hours*, *The Nutty Professor* and *Shrek* are all classics.
- **BUT** *Vampire in Brooklyn*, *Metro*, *Doctor Dolittle*, *Holy Man*, *Life*, *Doctor Dolittle 2*, *Showtime*, *The Adventures of Pluto Nash*, *I Spy*, *Daddy Day Care*, *The Haunted Mansion*, *Norbit*, *Meet Dave*, *Imagine That*.
- **YES** Murphy was nominated for a Best Supporting Actor Oscar in 2006, for *Dreamgirls*.
- **BUT** He walked out of the show after Alan Arkin won for *Little Miss Sunshine*. Maybe he just wanted some ice cream?

Music in brief

No sex, drugs and rock 'n' roll

MUSIC. Winnipeg rocker Randy Bachman offers a lifetime of rock 'n' roll

memories in his new book, which is full of such minute details as Little Richard's habit of toting a travelling make-up case or Johnny and the Hurricanes' fondness for Bachman's mother's perogies. **THE CANADIAN PRESS**

To hell and back with Royce

► Royce da 5'9" grows up, and so does his music ► He reflects on getting over his troubles ► Talks about getting over the beef with Eminem

From the first moment Detroit rapper Royce da 5'9" met Eminem — "a skinny white kid pushing mixtapes" at an Usher gig in 1997 — he saw the potential in him.

Royce says they've both evolved in the 14 years that have passed. The pair had a falling out and feuded for a while, but now are so tight they put out a successful joint album, *Hell: The Sequel*, over the sum-

mer as *Bad Meets Evil*. And the iconic rapper has given Royce plenty of grown-up advice as his success grows, with his recently released third studio album, *Success Is Certain*.

The 34-year-old Royce talked about their relationship, his own growing pains and his bond with Eminem.

How did you sort out your feud with Eminem?

It kind of sorted itself



► Royce da 5'9"

out. A lot things transpire, time heals everything. It wasn't anything that he did to me or anything that I did to him ... We just kind of grew apart at that moment. There was lot going on, a lot of money got thrown into the middle, a lot of other people involved. I think once we lost *Proof* (the rapper was killed in 2006), the D12 guys were real instrumental in kind of bringing us back together. They always knew how close we were. And once I squashed the beef with them, they were real verbal with going to him and saying 'Look, we're not beefing with Royce no more,

there's not a problem anymore.'

Your last album, *Death Is Certain* was a very dark album. What are you rapping about now?

With the *Death Is Certain* album, I spoke about a lot of the mistakes I was making, like the dark cloud that I felt was hovering over my head. Failure, negativity, beef, and this album is you know, looking back ... and reflecting on that; speaking of triumph, overcoming adversity, leaping over hurdles. I still try to maintain the dark feel sonically, but content-wise, I just wanted to make it a little bit brighter. **THE ASSOCIATED PRESS**

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DiCaprio turns up the charm

- Leo gifts Blake Lively's dad at birthday party
- Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month

for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that

the alleged couple are getting pretty cosy.

"(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

● METRO

ALL PHOTOS/GETTY IMAGES



► Leonardo DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film *Take This Waltz*, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along but hasn't revealed the baby's sex yet.

She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

A graduate of law school, Sandomierski has clerked with Supreme Court chief justice Beverley McLachlin and is now doing his PhD in law.

Polley directed and penned the screenplay for *Take This Waltz*, which stars Michelle Williams as Margot, a writer who is married to a cook (Seth Rogen) but attracted to her neighbour (Luke Kirby).

Sarah Silverman co-stars as Margot's sister-in-law.

The film was largely shot in Toronto, where Polley was born.

Take This Waltz is Polley's first full-length directorial effort since 2006's *Away From Her*, for which she won a Genie Award for best direction and got an Oscar nomination for best adapted screenplay.

THE CANADIAN PRESS



► Sarah Polley

Celebrity tweets



"I don't know if I can do this show tomorrow I have eaten too much queso"
@katyperry



@JimCarrey
"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



@TheMandyMoore
"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"



@SethMacFarlane
"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki!"



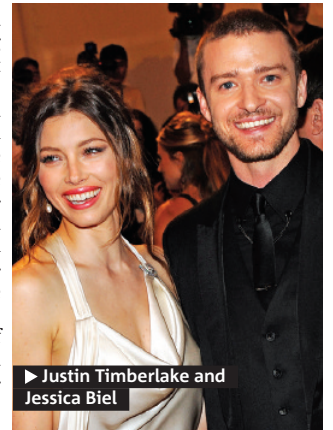
Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited couple definitely seemed to be enjoying each other's company, according to People magazine.

"There was plenty of PDA, and they seemed happy," a source divulged.

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► Justin Timberlake and Jessica Biel

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life

Kanye style

Where are you Yeezy?



The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? **METRO**



Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book

Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.



Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.



5 young names to know in fashion this month



TINA CHADHA
@METRO.LU

METRO WORLD NEWS

Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice.

We're writing about her, after all.



The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.



Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapery dresses). Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.



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The day Karl came to town

► The impossible-to-pin-down couture king meets with Metro to discuss his newest line ► p.s. The price is right!



KENYA HUNT

LIFE@METRONEWS.CA

Outside, hurricane strength downpours threaten to ruin the start of fashion week. But within the dry and perfume-scented confines of America's most mass market department store, shoppers are aglow after the rarest of fashion sightings.

Karl Lagerfeld, the iconic creative director of Chanel — inside of Macy's.

"He just doesn't do personal appearances at department stores. I was the CEO of Neiman Marcus for six years and Karl was the hardest designer to attract. So for us to be able to attract him is very big," says Terry J. Lundgren, Macy's CEO.

Lagerfeld came to town to launch his new affordable ready-to-wear collaboration with the chain, and is all good humour when we sit down in an executive suite on the 13th floor.

It's been a few years since your H&M collection. What inspired you to do this new affordable line?

I like to do the opposite of what people expect and do it well. Because in our times, the inexpensive, in a



► Karl Lagerfeld

way, is more important in fashion than the very, very expensive. So the people who can buy the expensive can buy the inexpensive too. The people who can buy the inexpensive — because I never say cheap — maybe they cannot buy the expensive. But they can buy a lipstick or nail polish from Chanel. So even for Chanel, it's not a bad thing. The more my name is around, the better it is for everybody. I approach this more or less the same way that I approached H&M because, you know, I was the first one to do H&M. No one had done it before. So I do it kind of from instinct be-

cause I know life in a way — what people want to wear, what they have, what they don't have. But I'm not a marketing person. So I don't ask myself too many questions. I listen to the instinct.

Do you think the lower priced category is becoming more important?

You know the inexpensive line is a dream I wanted to do for many years. Some people thought I should always play the same game. No. It is the time for inexpensive clothes that I design. I have the knowledge of the most expensive. But I think it's exciting, interesting and modern to do the inexpensive.

You balance so many projects, it's nearly impossible to count them all. And yet younger designers have buckled under the stress of having more than one design job.

The young designer should forget about the word "young" because if you're only interesting because you are young, that may be a problem. Nobody has my past and my present. So people who are in my situation, they may think it's not right for them. But for me, I think it's right.

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Making a grand entrance

► A Metro reader gets advice about decorating a long, narrow hallway



DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q. I've moved into a new condo that has a very long and narrow entrance. There is a plain coat closet door, three ceiling lights and dark wood floors. I like warm colours and have a contemporary style. Any suggestions?

K. MacDonald, Toronto

WALLS

Paint the shorter (left-side) wall a punchy accent colour. Wrap this colour around the corner on the return wall and introduce it into the main living space.

Paint the plain door and its frame the same punchy colour to blend it away.

The long wall (on right) and its return should be a warm neutral colour that continues into the entire space. My favourite new accent colour is a brick colour called Fiery Opal from Benjamin Moore Paints. As a warm neutral, try Lighthouse, also by Benjamin Moore for the main walls throughout.

FURNITURE

Since the hallway is so narrow, I suggest a small pedestal table or chair in the corner and a slim table in front of the middle wall-hung mirror. Make sure the table is less than 12-inches deep in order to create good flow. The Echelon console (\$599) from Crate and Barrel has a hand-made, artisan look and is only eight inches deep — perfect for small foyers and hallways.

► Benjamin Moore's
Fiery Opal

► Benjamin Moore
lighthouse

► Echelon Console



► Hudson Valley
Middlebury

LIGHTING

Invest in three matching pendant lights; they will add more light to the hallway space and have more presence than the small ceiling lights. Semi-flushmount fixtures drop slightly into the space and help stop the eye every so often. This tricks the eye that the hallway is divided into sections and therefore shorter. The Middlebury pendant from Hudson Valley Lighting (\$900) gives the illusion of a modern art deco light fixture that would have welcomed guests in a hotel lobby for years.

► Home Depot's Beverly
Leaner mirror

MIRRORS

Hang three floor standing mirrors on the long wall; spaced about 16 inches apart with the middle mirror being opposite to the closet door.

This will help visually widen the hallway, especially in the middle where it feels narrowest and tight.

I like the Beverly Leaner Mirror (\$110) from Home Depot; its mirror-on-mirror frame helps to reflect many angles in the hallway.

Hang the mirrors rather than leaning on the floor. Raising the mirrors higher will make the hallway feel lofty in height and not crowd the floor space.

ART WORKS

Place one punchy piece of art at the end of the hallway to create a destination point for the eye.

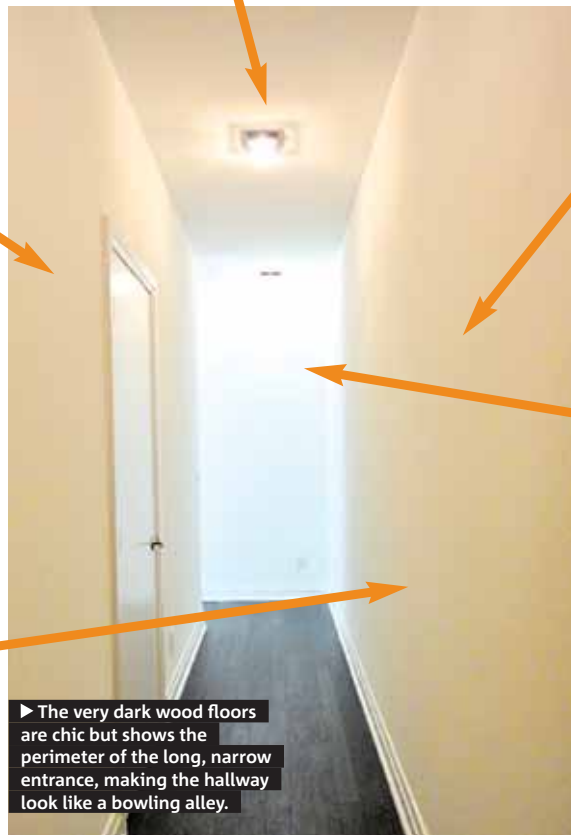
Large, colourful and modern art will help set the tone for a contemporary yet welcoming entrance.

The Glyph print from West Elm (\$135) is colourful and plays up on the paint and carpet colours suggested.



► West Elm Glyph

► The very dark wood floors are chic but shows the perimeter of the long, narrow entrance, making the hallway look like a bowling alley.



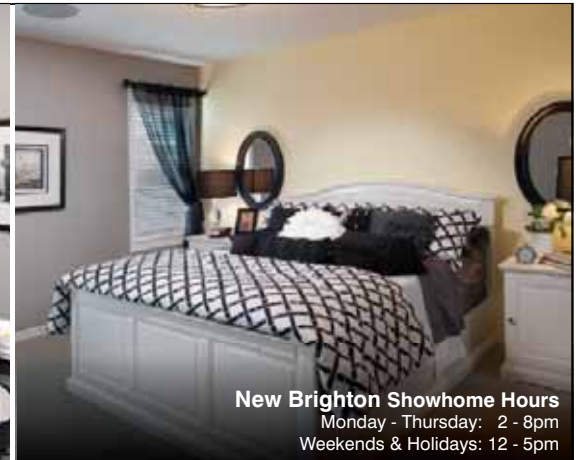
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Get rid of grime and save a dime

► Refacing instead of replacing your cabinets saves money when remodelling your kitchen

The kitchen in Abe Abuchowski's Califon, N.J., home needed updating, but he didn't want the expense of replacing the cabinets. So he chose a less costly option.

"The old cabinets were in really good shape," he said. "They were high-quality cabinets, solid wood. It was the doors that really needed to be replaced."

Replacing the doors and covering the cabinets' remaining exposed parts with a matching veneer can be done for about half the cost of buying new,

"Just a few years ago people were buying houses with rundown kitchens knowing they were going to replace them. Now there's a little more conservative attitude about it. People look for a kitchen and a house that has move-in qualities."

KIT SELZER, SENIOR REMODELLING AND PROJECTS EDITOR AT BETTER HOMES AND GARDENS



► Abe Abuchowski's kitchen in Califon, N.J., before the cabinets were refaced.

said Kit Selzer, senior remodelling and projects editor at Better Homes and Gardens. The process is called refacing.

Abuchowski said there's another advantage to refacing. "There's a minimum amount of disruption," he said.

"It's a simpler and quicker installation," agreed Brett Bacho, president of Kitchen Magic, the company that did Abuchowski's kitchen.

Bacho said that refacing cabinets typically can be completed in three to five days.

For refacing to be a viable option, however, the cabinets must be in good shape.

"If we had bad cabinets, just putting the new

fronts on them wasn't actually where we wanted to go," said Claudia Phelps, who had the cabinets in her Washington, D.C., home refaced about 10 years ago. She said her cabinets were "very well built" and worth saving.

Refacing also might not be a good choice if you want to do major changes to your kitchen's layout.

"You do nothing to improve the function or the convenience of the kitchen," said David Alderman, owner of Dave's Cabinets in Chesapeake, Va. Nor, he noted, does refacing increase storage.

It is possible, however, to add cabinets that match the refaced ones. Both Abuchowski and Phelps did that.



► What a difference a little refacing makes.

Many people also choose to replace their countertops at the same time the cabinets are refaced. That, obviously, adds to the cost.

Cabinet companies say it's impossible to estimate the cost of refacing cabinets without seeing the kitchen and talking to the homeowner about the job.

"We've refaced kitchens for as little as \$4,000 to \$5,000, and for as much as \$80,000," Bacho said.

Doors can be made of a variety of woods, for example, such as cherry, oak or maple, or of an engi-

neered material like laminate, including some that look like wood.

Abuchowski chose a laminate. "It's very easily cleaned and it will stay looking newer longer," he said.

In refacing, the cabinet doors are removed, and the sides and exterior face of the cabinet are prepared for the veneer covering.

After that covering is measured and applied, the new doors — made to fit the existing cabinets — are installed.

Some companies replace the full drawers, others just the front. But the inside of the cabinet usually is not changed during the refacing process. "You could definitely paint the inside to go along with the outside," Selzer said. She advises going with a professional unless you're a very skilled do-it-yourselfer.

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THURSDAY, SEPTEMBER 8, 2011

A tour of Italy

► Pasta and sandwich take on distinctly Italian flavours

MATTHEW MEAD/ THE ASSOCIATED PRESS

Back-to-school time is made for recipes as short, simple, speedy and satisfying as this Whole Egg Pasta Carbonara. Requiring just seven ingredients, this delicious take on pasta carbonara will have you in and out of the kitchen in under 20 minutes.

Whole Egg Pasta Carbonara Preparation:

1 Bring saucepan of salted water to boil. Add pasta and cook according to directions. Reserve 50 ml (1/4 cup) of the cooking water; then drain.

2 Leave pasta in colander to drain. Return

Ingredients:

- 1 pkg (340 g/12 oz) fresh linguine
- 250 g (8 oz) finely chopped pancetta
- 30 ml (2 tbsp) butter
- 4 eggs
- Salt and black pepper
- 375 ml (1 1/2 cups) grated Parmesan cheese, divided



► This recipe serves four.

saucepan to heat. Add pancetta and cook until just crisp, about 5 minutes. Add pasta, then toss well. Cover and set aside.

3 In a large skillet over low heat, melt butter. Keeping them separate, crack eggs into skillet and cook sunny side up until whites are set and yolks are still runny, about 5 minutes. Remove skillet from heat. Season eggs with

salt and pepper.

4 Add 250 ml (1 cup) of the cheese to pasta and toss to melt. While tossing, drizzle in enough of the reserved cooking water to help cheese coat pasta. Arrange pasta on 4 serving plates, then top each mound with an egg. Sprinkle each serving with a bit more cheese. If desired, use a fork to break each yolk before serving.

THE ASSOCIATED PRESS

Grilled Italian Sandwich



Ingredients:

- 125 g (4 oz) very thin turkey or veal scaloppine
- 10 ml (2 tsp) olive oil
- 1 ml (1/4 tsp) each dried basil and oregano leaves
- Pinch each salt and black pepper
- 1 round sourdough or Italian loaf, about 18 cm (7 inches) across
- 30 ml (2 tbsp) black olive paste (tapenade)
- 1 red pepper, cored and cut into 4 wide strips
- 1 tomato, thinly sliced
- Half a 130-g pkg goat cheese, crumbled
- 1 pear, thinly sliced
- 250 ml (1 cup) lettuce

Preparation:

1 If turkey isn't thin, pound to make thin. In bowl, stir oil, basil, oregano, salt and pepper; brush over both sides of turkey and inside pepper pieces. Place on greased grill over medium-high heat; grill until turkey no longer pink inside and pepper begins to soften, 4 to 5 minutes. Remove from heat.

2 Slice loaf in half to form top and bottom. Using fingers, hollow out bread. Spread olive

paste over inside of both halves. Place pepper on bottom half. Layer with turkey, tomato, goat cheese, pear, lettuce. Finish with top of bread. Cut into 4. THE CANADIAN PRESS/FOODLAND ONTARIO

Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 newly collected recipes by the editors behind the classic Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes about 100 recipes that are further organized by main vegetable ingredient.

Two-thirds of the recipes are vegetarian, and others feature beef, chicken, pork or fish.

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THURSDAY, SEPTEMBER 8, 2011

BACK TO SCHOOL



Establish good homework habits

- Independent work and learning are important assets
- It's a form of self-organization and self-discipline



**ASTRID
VAN DEN BROEK**
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

"So, if we can help them develop better homework

habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mississauga-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares tips on positively encouraging your child to do schoolwork.

1 Be in touch with the school. Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's class.

2 Coach instead of dictate. "Different kids have different learning styles and they have different ways of being successful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 Empower them. Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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Distraction

... or functional tool?

► **Parents and teachers are having to deal with students texting, using cellphones in school**

Danny Faria allowed his daughter to have a mobile phone at the tender age of 10. He knew she was mature enough to walk to school on her own, but felt he would be more at ease if she called home once at her destination.

Many parents and teachers who grew up without electronic devices at their disposal are having to deal with tech-savvy kids who want the latest gadgets for school.

Faria, a Toronto-based communications consultant, and his wife were strict about the phone being used only as a necessity. They disabled the

texting function and reminded their daughter, Emily, that the phone was to be turned off during school hours.

The rules were working well for everyone until this past August, when 11-year-old Emily's pal upgraded her mobile phone. The friend gave her old phone — one with a slide-out keyboard for texting — to Emily.

Faria then had to deal with the inevitable: "How come I can't text?"

Jesse Hirsh, a technology analyst in Toronto, says kids are taking their tech cues from adults. They see their parents and other

people continually talking or texting and, as a result, "kids have internalized the ADD (attention deficit disorder) of society."

Kids have dozens of different things competing for their attention, Hirsh says, and they can be fickle as to whom, when and where they give it. This can be a problem when it comes to school curriculum and teaching.

Students today don't have any lag time between wanting to know and then discovering the information. With cellphones, Hirsh says, "they have the fantastic in their pocket."

Some teachers don't



agree. "The pocket isn't fantastic," says Domenico Capilongo, a high-school teacher in Thornhill.

"They aren't searching for knowledge when they pull out their phone. They are texting about each other."

"The real issue is how to keep (cellphones) from turning into a distraction.

It's hard to compete with a text from a boyfriend."

Distractions caused by cellphones used outside the classroom or home can also potentially prove to be a safety hazard, a new Canadian poll suggests — risks that are not always front of mind for parents.

A Safe Kids Canada/FedEx Express Canada survey

of more than 1,000 Canadian parents of children aged five to 14 found that nine in 10 have discussed basic pedestrian practices with their children. However, only 28 per cent of those polled have discussed the risks of cellphone use while crossing the street.

THE CANADIAN PRESS

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Ease into the new academic year schedule

Your summer was packed with late night soccer games and cottage weekends. But then, come the start of September, your family is up at 7 a.m. every day in order to (just barely) make it to school on time.

How can you get used to this schedule again?

"Parents have to adjust

their expectations because it takes pretty much up until the Christmas break to settle into the school year from a behavioural point of view," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

To ease into the "academic new year," start by

cooling yourself off first.

"After a summer of high entertainment and leisurely schedules, kids are now back in this environment with suddenly stressed parents who are trying to do it all," says Schafer. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me

to get out because we're going to be late."

That mood change can trickle down to the kids and trigger misbehaviours such as dawdling and sleep disturbances. And for your children, depending on their age, pitch in to help ease anxiety.

● **ASTRID VAN DEN BROEK**



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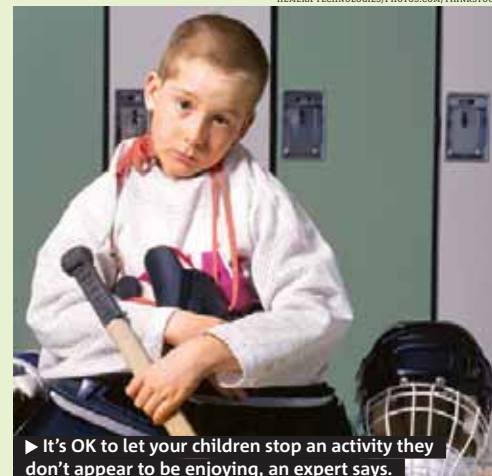
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► It's OK to let your children stop an activity they don't appear to be enjoying, an expert says.

Sometimes it's best to let kids make the choice

You signed up your elementary school-aged daughter to play hockey at the local rink, paid the registration fee for the season and bought her equipment. Then, after three practices, she announces she hates hockey and wants to quit. Should you let her?

Yes, says Calgary-based parenting expert Judy Arnall.

"I wouldn't force a child to continue if he or she really doesn't want to, because there are other ways to teach discipline, such as through chores and volunteering," she says. "For younger kids in particular, I think going to a new activity three times is giving it a fair chance."

If your son says he no longer wants to play trumpet in the school band, it's important to ask him why not. "Maybe there's a mean kid in the band who's making him unhappy," says Arnall. "It might not have anything to do with him not liking the trumpet."

If that's the case, parents can help their child find a better solution to the situation than quitting.

If the child has truly lost interest in the activity, it's best to let him or her drop it. Parents should keep in mind that nagging a child to

When it's OK to stop

According to American child psychologist David Elkind, the author of *The Hurried Child*, children ages nine and younger typically don't have a clear sense yet of what kinds of activities they will like and stick with. He believes it's fine for them to give up the activity if they don't appear to be enjoying it. ● **JANE DOUCET**

practise piano scales or pack their hockey bag before practice isn't the same as reminding them.

"If you find yourself having to nag, then your interest in your child's activity has become greater than theirs, and it's time to consider letting them quit," says Arnall.

The good news is that just because kids quit a few activities during their school years it doesn't mean they will end up quitting all of their jobs. Plus, people sometimes take up activities they dropped as youngsters when they become adults. "You can learn anything at any age," says Arnall.

● **JANE DOUCET**



'Best I've felt for a long time': Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows?

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion testing unit.

Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted a large number of reporters from the United States and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

THE CANADIAN PRESS

A long road back to the big leagues

► After injuries forced him to give up his pitching career, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox

DARREN CALABRESE/THE CANADIAN PRESS



► Adam Loewen comes to bat in the third inning against Boston last night. The Surrey, B.C., native notched his first major-league hit in the eighth inning against the Red Sox. Toronto won 11-10.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Regular right-fielder Jose Bautista was listed in the lineup as the designated hitter in the Jays 11-10 win over the Boston Red Sox at Rogers Centre.

Loewen joined the Blue Jays as a September call-up

after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions.

"The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last

night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Blue Jays on Oct. 24, 2008.

"It wasn't that I guaranteed myself to get back here," he said. "I knew I was going to enjoy doing it. A lot of people believed in me. I had a lot of help along the way to make this possible and the best part about it is it's not over yet."

"It's not success yet, just getting here, because that was never my intention. I wanted to go as far as I could." THE CANADIAN PRESS

4

sports

Quoted



"What a great win. When he hit it, I said, 'It's that kind of year.'"

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.

NBA owners, players at the table

NBA owners and players met for about 5½ hours yesterday, plan to resume negotiations today, and could even sit down again Friday.

While neither side would say if progress is being made, the frequency of the discussions seems a good

sign. They met only twice in the first two months of the lockout that began July 1.

But they went for about six hours last Wednesday, and decided they would go multiple days this week. Both sides said they could even carry over the discus-

sions into a third consecutive day if things go well during today's session.

"We agreed that we're going to sit here for as many days as we can to see whether we can make progress, but we agreed not to characterize anything at

all," commissioner David Stern said.

Both sides were cautious not to portray any optimism, though one player briefly did on Twitter, before saying his account had been hacked.

THE ASSOCIATED PRESS



Scan code for more sports news.

Forecast calls for wet baseball fans

► With little time left to make up games delayed by rain, teams try to wait out the weather

Puddles aren't about to stop any pennant races.

With three weeks left in the regular season, Major League Baseball is feeling the pressure to play every game, despite a lot of wet weather. The result? A sports version of *The Late, Late, Late Show*.

Because just like the mail, "neither snow nor rain nor heat nor gloom of night" prevents baseball from getting to the final out.

Atlanta's game at Philadelphia began shortly before 9 p.m. ET Tuesday night after a one-hour 52-minute delay and didn't end until just past midnight.

That was an early night compared with what happened up the coast. By the time Phil Hughes threw the

first pitch in Baltimore's game at Yankee Stadium, it was 11:08 p.m. local time — 4:03 later than the scheduled start time. There were just 1,000 or so fans in the stands.

"It got really bad out there. I don't want to comment on whether we thought we should have played or not, but it just — it wasn't a good situation," Yankees first baseman Mark Teixeira said.

With more rain forecast for yesterday, a miserable fan experience wasn't much of a factor for the Yankees and Phillies. Ultimately, late-season decisions on when to start are up to MLB.

"It was a joint decision by the commissioner's office and the Yankees," New York president Randy

Levine said. "The weather report for Wednesday was very ominous. We have one off-day left, and it's off a West Coast trip, so we had to do everything in our power to get it in."

There are few slots for makeups because of a schedule that crams in 162 games into 182 days. Three off-days are taken up by the all-star break, and teams in the East and Midwest usually build off-days into April, when weather frequently is the worst.

The Yankees already have had eight postponements, most in the majors, and 12 games played with delays. Already jamming in four rescheduled games during the final month, New York has just one off-day.

THE ASSOCIATED PRESS



► Yankees fans endure the rain on Tuesday.



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| EAST DIVISION | | | | |
|------------------|----|----|------|-----|
| | W | L | Pct | GB |
| New York | 87 | 54 | .617 | — |
| Boston | 85 | 57 | .599 | 2½ |
| Tampa Bay | 78 | 64 | .549 | 9½ |
| Toronto | 71 | 72 | .497 | 17 |
| Baltimore | 56 | 85 | .397 | 31 |
| CENTRAL DIVISION | | | | |
| | W | L | Pct | GB |
| Detroit | 81 | 62 | .566 | — |
| Chicago | 71 | 70 | .504 | 9 |
| Cleveland | 70 | 70 | .500 | 9½ |
| Kansas City | 60 | 84 | .417 | 21½ |
| Minnesota | 59 | 84 | .413 | 22 |
| WEST DIVISION | | | | |
| | W | L | Pct | GB |
| Texas | 81 | 63 | .563 | — |
| Los Angeles | 78 | 65 | .545 | 2½ |
| Oakland | 65 | 78 | .455 | 15½ |
| Seattle | 59 | 83 | .415 | 21 |

Yesterday's results

Detroit 8, Cleveland 6
 Baltimore 5, N.Y. Yankees 4, 11 innings
 Tampa Bay 5, Texas 4, 10 innings
 Oakland 7, Kansas City 0
 Toronto 11, Boston 10
 Minnesota 5, Chicago White Sox 4
 L.A. Angels 3, Seattle 1

Tuesday's results

N.Y. Yankees 5, Baltimore 3
 Detroit 10, Cleveland 1
 Boston 14, Toronto 0
 Texas 8, Tampa Bay 0
 Chicago White Sox 3, Minnesota 0
 Kansas City 7, Oakland 4
 Seattle 2, L.A. Angels 1

Today's games

N.Y. Yankees (Nova 15-4) at Baltimore (Simon 4-8), 1:05 p.m.
 Boston (A.Miller 6-2) at Toronto (R.Romero 13-10), 7:07 p.m.
 Cleveland (D.Huff 2-3) at Chicago White Sox (Floyd 12-10), 8:10 p.m.
 Kansas City (Hochevar 10-10) at Seattle (Var-gas 7-13), 10:10 p.m.

Tomorrow's games

Minnesota at Detroit, 7:05 p.m.
 Baltimore at Toronto, 7:07 p.m.
 Boston at Tampa Bay, 7:10 p.m.
 Oakland at Texas, 8:05 p.m.
 Cleveland at Chicago White Sox, 8:10 p.m.
 N.Y. Yankees at L.A. Angels, 10:05 p.m.
 Kansas City at Seattle, 10:10 p.m.

NATIONAL LEAGUE

| EAST DIVISION | | | | |
|------------------|----|----|------|-----|
| | W | L | Pct | GB |
| Philadelphia | 91 | 48 | .655 | — |
| Atlanta | 82 | 60 | .577 | 10½ |
| New York | 70 | 71 | .496 | 22 |
| Washington | 65 | 75 | .464 | 26½ |
| Central | 63 | 79 | .444 | 29½ |
| CENTRAL DIVISION | | | | |
| | W | L | Pct | GB |
| Milwaukee | 85 | 59 | .590 | — |
| St. Louis | 76 | 67 | .531 | 8½ |
| Cincinnati | 70 | 73 | .490 | 14½ |
| Pittsburgh | 66 | 77 | .462 | 18½ |
| Chicago | 62 | 81 | .434 | 22½ |
| Houston | 48 | 95 | .336 | 36½ |
| WEST DIVISION | | | | |
| | W | L | Pct | GB |
| Arizona | 82 | 61 | .573 | — |
| San Francisco | 75 | 68 | .524 | 7 |
| Los Angeles | 69 | 72 | .489 | 12 |
| Colorado | 67 | 76 | .469 | 15 |
| San Diego | 62 | 81 | .434 | 20 |

Yesterday's results

N.Y. Mets 1, Florida 0
 San Diego 3, San Francisco 1
 Philadelphia 3, Atlanta 2
 Pittsburgh 5, Houston 4
 L.A. Dodgers at Washington, ppd., rain
 Chicago Cubs 6, Cincinnati 3
 St. Louis 2, Milwaukee 0
 Arizona 5, Colorado 3

Tuesday's results

Philadelphia 6, Atlanta 3
 Houston 4, Pittsburgh 1
 L.A. Dodgers 7, Washington 3
 N.Y. Mets 7, Florida 4, 12 innings
 Cincinnati 4, Chicago Cubs 2, 13 innings
 St. Louis 4, Milwaukee 2
 Colorado 8, Arizona 3

Today's games

L.A. Dodgers (Billingsley 10-10) at Washing-ton (Wang 2-3), 1:05 p.m., 1st game
 Atlanta (Minor 4-2) at N.Y. Mets (Schwinden 0-0), 4:10 p.m., 1st game
 L.A. Dodgers (Eveland 1-0) at Washington (Detwiler 2-5), 4:35 p.m., 2nd game
 Atlanta (Teheran 0-1) at N.Y. Mets (Gee 12-5), 7:40 p.m., 2nd game
 Philadelphia (Hamel 13-7) at Milwaukee (Narveson 10-6), 8:10 p.m.
 San Diego (Luebeck 5-8) at Arizona (I.Kennedy 18-4), 9:40 p.m.

Tomorrow's games

Florida at Pittsburgh, 7:05 p.m.
 Houston at Washington, 7:05 p.m.
 Chicago Cubs at N.Y. Mets, 7:10 p.m.
 Philadelphia at Milwaukee, 8:10 p.m.
 Atlanta at St. Louis, 8:15 p.m.
 Cincinnati at Colorado, 8:40 p.m.
 San Diego at Arizona, 9:40 p.m.
 L.A. Dodgers at San Francisco, 10:15 p.m.

BLUE JAYS 11, RED SOX 10

| | ab | r | h | bi | Toronto | ab | r | h | bi |
|----------------|-----------|-----------|-----------|-----------|---------------|------------|------------|-----------|-----------|
| Ellsby cf | 5 | 2 | 4 | 3 | YEscor ss | 4 | 1 | 1 | 0 |
| Pedroia 2b | 5 | 1 | 1 | 0 | ETHms lf | 3 | 3 | 0 | 1 |
| AdGnzl 1b | 4 | 2 | 2 | 1 | Bautista dh | 2 | 2 | 1 | 2 |
| D.Ortiz dh | 4 | 2 | 2 | 1 | Encnc 1b | 4 | 0 | 2 | 5 |
| Youkilis 3b | 4 | 0 | 1 | 1 | KJhnsn 2b | 5 | 0 | 0 | 0 |
| Cwfrld lf | 4 | 1 | 1 | 0 | Lawrie 3b | 2 | 2 | 2 | 0 |
| Scutaro ss | 4 | 1 | 2 | 3 | Loewen rf | 3 | 1 | 1 | 0 |
| Aviles pr | 0 | 0 | 0 | 0 | Arenci c | 3 | 1 | 1 | 2 |
| Reddick rf | 4 | 1 | 1 | 1 | Wdward pr | 0 | 1 | 0 | 0 |
| Stimch c | 4 | 0 | 0 | 0 | JMolin c | 0 | 0 | 0 | 0 |
| McCoy cf | 2 | 0 | 0 | 0 | | | | | |
| Wise ph-cf | 2 | 0 | 0 | 0 | | | | | |
| Totals | 38 | 10 | 14 | 10 | Totals | 30 | 11 | 8 | 10 |
| Boston | | | | | 300 | 410 | 002 | 10 | |
| Toronto | | | | | 122 | 000 | 15x | 11 | |

E—Scutaro (11), DP—Toronto 1, LOB—Boston 6, Toronto 6, 2B—Ellsby (39), Ad.Gonzalez (43), C.Crawford (23), Reddick (16), YEscobar (23), Bautista (23), Encarnacion (34), HR—Ellsby (25), Ad.Gonzalez (24), D.Ortiz (29), Arenclbia (21), SB—Bautista (2), Lawrie (6), CS—Ellsby (13), Aviles (3), Bautista (4), SF—Encarnacion.

| | IP | H | R | ER | BB | SO |
|---------------------|------|---|---|----|----|----|
| Boston | | | | | | |
| Wakefield | 5 | 3 | 5 | 4 | 3 | 3 |
| F.Morales H,6 | 1-3 | 1 | 0 | 0 | 0 | 1 |
| Wheeler H,4 | 1-3 | 2 | 1 | 1 | 0 | 1 |
| D.Bard L,2-6 BS,4-5 | 1 | 1 | 5 | 5 | 3 | 2 |
| Albers | 1-3 | 1 | 0 | 0 | 0 | 1 |
| Toronto | | | | | | |
| Morrow | 41-3 | 8 | 8 | 8 | 1 | 5 |
| C.Villanueva | 12-3 | 1 | 0 | 0 | 0 | 1 |
| Litsch | 1 | 1 | 0 | 0 | 1 | 1 |
| Camp W,4-3 | 1 | 1 | 0 | 0 | 0 | 0 |
| F.Francisco S,13-17 | 1 | 3 | 2 | 2 | 0 | 1 |

HBP—by Wakefield (E.Thames, Bautista), by F.Morales (Loewen), by D.Bard (Lawrie), by Morrow (Ad.Gonzalez, Youkilis), W/P—Wake-field 2, PB—Saltalamachia.
 Umpires—Home, Jeff Kellogg; First, Eric Cooper; Second, Mark Carlson; Third, Tim Timmons.
 T—3:29, A—16,154 (49,260).

BLUE JAYS STATISTICS

| | | | | | | |
|-----------------|----------|----------|-----------|-----------|-----------|------------|
| Johnson | 47 | 8 | 13 | 2 | 4 | .277 |
| Encarnacion | 431 | 66 | 118 | 15 | 44 | .274 |
| Thames | 286 | 44 | 77 | 9 | 30 | .269 |
| Lind | 448 | 53 | 113 | 24 | 79 | .252 |
| Davis | 320 | 44 | 76 | 1 | 29 | .238 |
| Arencibia | 383 | 41 | 84 | 20 | 66 | .219 |
| Rasmus | 88 | 11 | 19 | 3 | 12 | .216 |
| McCoy | 123 | 14 | 26 | 1 | 5 | .211 |
| Teahen | 144 | 12 | 28 | 4 | 13 | .194 |
| Wise | 22 | 3 | 3 | 1 | 1 | .136 |
| Cooper | 33 | 3 | 4 | 1 | 5 | .121 |
| Woodward | 6 | 1 | 0 | 0 | 0 | .000 |
| PITCHERS | W | L | SV | IP | SO | ERA |
| McCoy | 0 | 0 | 0 | 1.0 | 0 | 0.00 |
| Carreno | 0 | 0 | 0 | 9.0 | 7 | 1.00 |
| Janssen | 4 | 0 | 2 | 46.2 | 45 | 2.12 |
| Alvarez | 1 | 2 | 0 | 36.2 | 25 | 2.95 |
| Romero | 13 | 10 | 0 | 193.2 | 157 | 2.97 |
| Francisco | 1 | 4 | 12 | 43.2 | 44 | 3.50 |
| Villanueva | 6 | 3 | 0 | 100.0 | 64 | 4.14 |
| Litsch | 5 | 3 | 1 | 65.2 | 57 | 4.39 |
| Camp | 3 | 3 | 1 | 59.1 | 27 | 4.55 |
| Cecil | 4 | 8 | 0 | 109.2 | 74 | 4.60 |
| Perez | 3 | 3 | 0 | 62.1 | 52 | 4.76 |
| Morrow | 9 | 10 | 0 | 148.2 | 172 | 4.78 |
| Rauch | 5 | 4 | 11 | 52.0 | 36 | 4.85 |
| Drabek | 4 | 5 | 0 | 72.2 | 48 | 5.70 |
| McGowan | 0 | 0 | 0 | 4.0 | 5 | 6.75 |
| Mills | 1 | 2 | 0 | 18.1 | 18 | 8.35 |
| Lewis | 0 | 0 | 0 | 5.0 | 5 | 9.00 |

Not including last night's game

Not including last night's game

TENNIS

U.S. OPEN

At New York

Singles

Men

Fourth Round

Gilles Muller, Luxembourg, leads Rafael Nadal (2), Spain, 3-0 (0-15), susp., rain.
 Andy Roddick (21), United States, leads David Ferrer (5), Spain, 3-1, susp., rain.
 Donald Young, United States, leads Andy Murray (4), Britain, 2-1, susp., rain.

GOLF

WEEKEND GLANCE

U.S. GOLF ASSOCIATION/ROYAL AND ANCIENT GOLF CLUB OF ST. ANDREWS

WALKER CUP

Site: Aberdeen, Scotland.

Schedule: Saturday-Sunday.

Television: ESPN2 (Sunday, 3-5 p.m.).

Format: Team match play. Saturday, four morning alternate-shot matches and eight afternoon singles matches; Sunday, four morning alternate-shot matches and 10 afternoon singles matches.

Online: www.usga.org

Royal and Ancient Golf Club of St. Andrews

site: www.randa.org

LPGA TOUR

NW ARKANSAS CHAMPIONSHIP

Site: Rogers, Ark.

Schedule: Tomorrow-Sunday.

Online: http://www.lpga.com

EUROPEAN TOUR

KLM OPEN

Site: Hilversum, Netherlands.

Schedule: Today-Sunday.

Television: Golf Channel (Thursday-Friday, 9 a.m.-12:30 p.m.; Saturday-Sunday, 7-11 a.m.).
 Last year: German star Martin Kaymer finished with a 4-under 66 for a four-stroke victory over Christian Nilsson and Fabrizio Zanotti.
 Online: www.europeantour.com

NFL

Tonight's game

New Orleans at Green Bay, 8:30 p.m.

Sunday's Games

Atlanta at Chicago, 1 p.m.
 Buffalo at Kansas City, 1 p.m.
 Indianapolis at Houston, 1 p.m.
 Philadelphia at St. Louis, 1 p.m.
 Detroit at Tampa Bay, 1 p.m.
 Pittsburgh at Baltimore, 1 p.m.
 Tennessee at Jacksonville, 1 p.m.
 Cincinnati at Cleveland, 1 p.m.
 N.Y. Giants at Washington, 4:15 p.m.
 Minnesota at San Diego, 4:15 p.m.
 Seattle at San Francisco, 4:15 p.m.
 Carolina at Arizona, 4:15 p.m.
 Dallas at N.Y. Jets, 8:20 p.m.

CFL

WEEK 11

| EAST DIVISION | | | | | | | | | | |
|---------------|----|---|---|---|-----|-----|----|--|--|--|
| | GP | W | L | T | PF | PA | Pt | | | |
| Winnipeg | 9 | 7 | 2 | 0 | 219 | 184 | 14 | | | |
| Montreal | 9 | 5 | 4 | 0 | 274 | 238 | 10 | | | |
| Hamilton | 9 | 5 | 4 | 0 | 260 | 227 | 10 | | | |
| Toronto | 9 | 2 | 7 | 0 | 200 | 262 | 4 | | | |
| WEST DIVISION | | | | | | | | | | |
| | GP | W | L | T | PF | PA | Pt | | | |
| Calgary | 9 | 6 | 3 | 0 | 239 | 238 | 12 | | | |
| Edmonton | 9 | 6 | 3 | 0 | 209 | 197 | 12 | | | |
| B.C. | 9 | 3 | 6 | 0 | 232 | 219 | 6 | | | |
| Saskatchewan | 9 | 2 | 7 | 0 | 192 | 260 | 4 | | | |

Tomorrow's game

Calgary at Edmonton, 9 p.m.

Saturday's game

Toronto at B.C., 4 p.m.

Sunday's games

Hamilton at Montreal, 1 p.m.
 Saskatchewan at Winnipeg, 4 p.m.

SCORING LEADERS

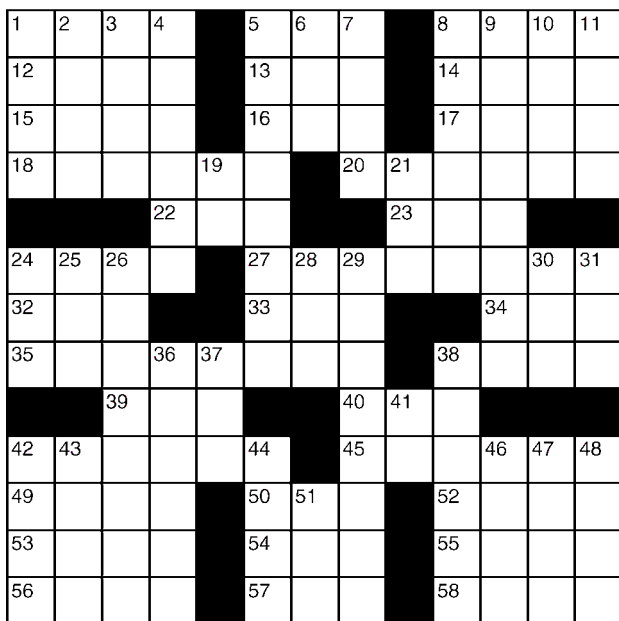
(x-scored two-point convert):

| (x-scored two-point convert): | TD | C | FG | S | Pts |
|-------------------------------|----|----|----|----|-----|
| Whyte, Mtl | 0 | 28 | 24 | 4 | 104 |
| Mellock, Ham | 0 | 27 | 22 | 3 | 96 |
| McCallum, BC | 0 | 21 | 23 | 2 | 92 |
| Palardy, Wpg | 0 | 18 | 23 | 5 | 92 |
| Paredes, Cal | 0 | 22 | 16 | 4 | 74 |
| Duval, Edm | 0 | 17 | 14 | 13 | 72 |
| Prefontaine, Tor | 0 | 15 | 15 | 2 | 62 |
| E.Johnson, Sask | 0 | 11 | 10 | 5 | 46 |
| Richardson, Mtl | 7 | 0 | 0 | 0 | 42 |
| Stala, Ham | 7 | 0 | 0 | 0 | 42 |
| Cobourne, Ham | 6 | 0 | 0 | 0 | 36 |
| Edwards, Wpg | 6 | 0 | 0 | 0 | 36 |
| Foster, BC | 5 | 0 | 0 | 0 | 30 |
| Getzlaf, Sask | 5 | 0 | 0 | 0 | 30 |
| Kackert, Tor | 5 | 0 | 0 | 0 | 30 |
| Q.Porter, Ham | 5 | 0 | 0 | 0 | 30 |
| Stamps, Edm | 5 | 0 | 0 | 0 | 30 |
| Boyd, Tor | 4 | 0 | 0 | 0 | 24 |
| Bratton, Mtl | 4 | 0 | 0 | 0 | 24 |
| Brown, BC | 4 | 0 | 0 | 0 | 24 |
| Cornish, Cal | 4 | 0 | 0 | 0 | 24 |
| Diedrick, Mtl | 4 | 0 | 0 | 0 | 24 |
| Dressler, Sask | 4 | 0 | 0 | 0 | 24 |
| C.Williams, Ham | 4 | 0 | 0 | 0 | 24 |
| Milo, Sask | 0 | 10 | 3 | 1 | 20 |
| Barnes, Edm | 3 | 0 | 0 | 0 | 18 |
| Brink, Wpg | 3 | 0 | 0 | 0 | 18 |
| Bruce, Ham-BC | 3 | 0 | 0 | 0 | 18 |
| Cates, Sask | 3 | 0 | 0 | 0 | 18 |
| Charles, Sask | 3 | 0 | 0 | 0 | 18 |
| Green, Mtl | 3 | 0 | 0 | 0 | 18 |
| Joseph, Edm | 3 | 0 | 0 | 0 | 18 |
| Lewis, Cal | 3 | 0 | 0 | 0 | 18 |
| D.Porter, Edm | 3 | 0 | 0 | 0 | 18 |
| Rambo, Cal | 3 | 0 | 0 | 0 | 18 |
| Rideau, Tor | 3 | 0 | 0 | 0 | 18 |
| Reynolds, Cal | 3 | 0 | 0 | 0 | 18 |
| Robertson, BC | 3 | 0 | 0 | 0 | 18 |
| Simon, BC | 3 | 0 | 0 | 0 | 18 |
| Whitaker, Mtl | 3 | 0 | 0 | 0 | 18 |
| Shaw, Tor | 0 | 5 | 4 | 1 | 18 |
| Schiavone, Edm | 0 | 3 | 4 | 0 | 15 |
| Bowman, Edm | 2 | 0 | 0 | 0 | 12 |
| Burris, Cal | 2 | 0 | 0 | 0 | 12 |
| Denmark, Wpg | 2 | 0 | 0 | 0 | 12 |
| Forzani, Cal | 2 | 0 | 0 | 0 | 12 |
| Hughes, Sask | 2 | 0 | 0 | 0 | 12 |
| Jeffers-Harris, Wpg | 2 | 0 | 0 | 0 | 12 |
| Lemon, Tor | 2 | 0 | 0 | 0 | 12 |
| Lulay, BC | 2 | 0 | 0 | 0 | 12 |
| Mann, Ham | 2 | 0 | 0 | 0 | 12 |
| McPherson, Mtl | 2 | 0 | 0 | 0 | 12 |
| Messam, Edm | 2 | 0 | 0 | 0 | 12 |
| Ravmond, Cal | 2 | 0 | 0 | 0 | 12 |

Crossword

Across

- 1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to cross-words?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snatched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)
Down
1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon pub-



- lisher
5 Natural aptitude
6 Miller Sebastian
7 Foot fraction
8 Cinco de Mayo party
9 Case
10 Italian river
11 Adolescent
19 Suitable
21 High points
24 Supporting
25 Shock and —
26 Teach
28 French article
29 Sets up for use, as

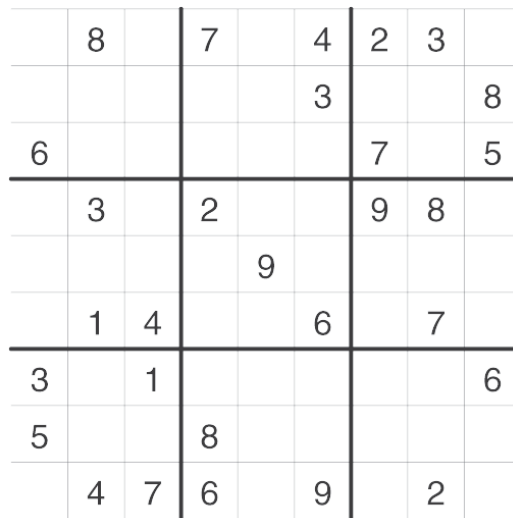
- software
30 Rotating part
31 Inventor Whitney
36 Restaurant furniture
37 Hatchet
38 Wrap
41 Wizard's place
42 Antitoxins
43 "The Good Earth" heroine
44 Anything but that
46 Glimpse
47 Model Macpherson
48 Tosses in

51 Will Smith biopic

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 1 | 9 | 7 | 5 | 2 | 6 | 8 |
| 9 | 7 | 8 | 6 | 2 | 3 | 5 | 4 | 1 |
| 2 | 6 | 5 | 1 | 8 | 4 | 3 | 9 | 7 |
| 8 | 2 | 7 | 3 | 9 | 1 | 6 | 5 | 4 |
| 5 | 1 | 4 | 2 | 6 | 8 | 7 | 3 | 9 |
| 3 | 9 | 6 | 4 | 5 | 7 | 8 | 1 | 2 |
| 6 | 5 | 2 | 8 | 4 | 9 | 1 | 7 | 3 |
| 7 | 4 | 3 | 5 | 1 | 2 | 9 | 8 | 6 |
| 1 | 8 | 9 | 7 | 3 | 6 | 4 | 2 | 5 |

A look at the weather

| TODAY | FRIDAY | SATURDAY |
|------------------------|------------------------|------------------------|
| ☀ Min 12° ☀ Max 30° | ☀ Min 14° ☀ Max 28° | ☀ Min 11° ☀ Max 27° |

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 You are in for some serious criticism today. Don't listen to it.
♉ **Taurus** April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.
♊ **Gemini** May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's a just a passing doubt.
♋ **Cancer** June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ **Leo** July 23-Aug. 23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.
♍ **Virgo** Aug. 24-Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.
♎ **Libra** Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.
♏ **Scorpio** Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

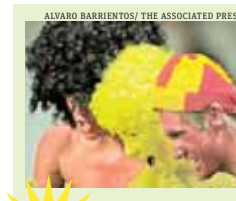
For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.
♑ **Capricorn** Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.
♒ **Aquarius** Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.
♓ **Pisces** Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. ● SALLY BROMPTON

Caption contest



"Please sir...I want some more."
JOHANNA



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?

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OVER **460** 2011 VEHICLES PRICED TO CLEAR!!!

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C110755

CHEVY CRUZE

\$14,995

\$99 bi-weekly

CHEVY COLORADO was \$26,060

20
in-stock



\$14,995

\$99 bi-weekly

C110717

CHEVY MALIBU
LT PLATINUM

was \$29,690

20
in-stock



\$22,754

\$149 bi-weekly

6 spd auto, chrome wheels, suede leather power seats, Bluetooth, 6 speaker stereo, heated seats, steering wheel stereo controls, remote start

C110413

CHEVY CAMARO was \$28,880

21
in-stock



\$23,995

\$161 bi-weekly

C111363

CHEVY 1500

EXTENDED CAB 4X4

was \$36,105

133
in-stock



\$22,900

\$154 bi-weekly

C111490

taxes and fees not included, Colorado \$500 down, Malibu \$100 down, finance is 60/84 4.99% APR, O.A.C. errors and omissions exempt



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CORNER OF 16TH AVE & 36 ST. N.E.
MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM



King's Court presents a **Bob Fitts** concert

Date & Time:

Friday, September 16, 2011 at 7pm

Venue:

AIRDRIE TOWN & COUNTRY CENTRE
275 Jensen Dr. NE.
Airdrie, AB

Admission:

\$15.00

Tickets available at:

BLESSINGS CHRISTIAN MARKETPLACE
8-1825 32 Avenue NE, Calgary AB
Tel (403) 291-3326

MUSIC CENTRE CANADA
8-125 Main Street NW, Airdrie, AB
Tel (403) 948-1116

Sponsors:



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